



FUNCTIONAL FAMILY THERAPY (FFT)

WHAT IS FUNCTIONAL FAMILY THERAPY?

A short-term evidence-based treatment to help address youth's high-risk behaviors, such as violence, substance use and other criminal activity. A therapist comes to your home and works with your family to create a plan to build better relationships within the family and help learn new skills to resolve problems safely. On average families receive at least one or more 1-hour sessions per week for 16-30 sessions. Evidence shows this treatment is most helpful to youth between ages 11-18.

WHO IS ELIGIBLE?

Youth under age 21 with [MaineCare](#) or under age 19 with the [Katie Beckett waiver](#), a mental health diagnosis, and a need for treatment to help with challenging behaviors that could lead to serious consequences. Both youth and their caregivers participate in all treatment sessions.

HOW DOES IT HELP?

FFT is different for each family based on the needs of the youth and family. Treatment is focused on youth and family strengths. The number of sessions and hours are decided together as a family and therapist team. FFT can:

- Create better relationships within your family
- Build positivity within your family
- Help build trust and respect within your family
- Improve communication within your family
- Help identify ways to manage anger and resolve problems without fighting
- Coordinates with schools, other service providers and courts (if involved) to share treatment plans and programming
- Help develop new skills to improve community relationships
- Prevent or reduce youth substance use
- Prevent or reduce involvement with the juvenile justice system

HOW TO ACCESS FFT

For more information about FFT talk to your targeted case manager or other provider, or visit the [Children's Behavioral Health website](#).

If you do not have [a case manager](#), you may find it helpful to get one. You are also encouraged to call the [CBHS Family Information Specialist](#) You may also reach out to a [Family Support Organization](#).

To find out if you are eligible for FFT, you or your case manager or provider can make a referral by calling the agency in your area who offers FFT. To find a FFT agency, click [here](#).



"It taught me different ways to handle a situation. It got my mom and brothers to understand what I was going through – and how to cope. It just really helped that we were able to talk as a family."

-Esteban

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